



AN OVERVIEW OF RITUHARITAKI CONCEPT TO AVOID SEASONAL DISEASES

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ABSTRACT

During the outbreak, the world learned about *ayurveda* and the need of maintaining a healthy immune system. As mentioned in the first thought, "*swasthasya swasthya rakshanama*," Ayurveda emphasizes keeping healthy despite treatments and medications. Ayurveda is a healing health system that focuses on preventing sickness. Seasonal illnesses are caused by changes in environmental circumstances that arise year round. Ayurveda includes a number of nutrition and behaviour principles and regimens that may be effectively tailored to seasonal enforcement in attempt to uphold physiological and psychological stability. Ayurveda describes a number of remedies designed to balance the body's *doshas*, which can be affected by a range of variables including lifestyle or substantial natural weather changes. Ancient Ayurvedic physicians devised nutritional and therapeutic regimens to keep people healthy and avoid illness. Ayurvedic writings describes a variety of single or combination Herbal remedy for preventive medicine, disease management, and improving quality of life. In *Bhavaprakash nighantu* a section of *Bhavaprakash samhita*, *Acharya Bhavaprakash* discusses "*RituHaritaki*" as a significant idea.

KEY WORDS: Seasonal illnesses, *RituHaritaki*, *Anupaan*, *Rasayan*.

INTRODUCTION:

The human body consists of three doshas: *vata*, *pitta*, and *kapha*, as well as seven *dhatu*s called *Rasadisaptadhatu*, which control biological, psychological, and behavioural variables, according to *Ayurveda*. Each *dosha* and *dhatu* is responsible for a certain biological process. The six *ayurvedic* seasons are *shishira*, *vasanta*, *grishma*, *varsha*, *sharad*, and *hemanta*. People become unwell at distinct intervals of the year subject to weather variations. Every change in weather has a distinct effect on the human body. According to the *Acharyas*, depending on the season, certain doshas have greater dominance than others, altering our physiology and causing dosha to become vitiated in the form of *sanchay*, *prakopa*, or *prashamana* conditions, resulting in seasonal sicknesses. The air is heated by the sun's intense strokes during the northern solstice, making the surroundings hot and dry and reducing people's vitality. The southern solstice cools the weather and strengthens the individual due to the clouds, rain, and frigid wind. As a result, changes in weather affect an individual's *dosha* balance, resulting in seasonal problems. "*ABHAYA*" is a well-known name for *Haritaki*. It is used to treat a wide range of illnesses. When administered with various adjuvants at certain times of the year, *haritaki* powder is referred to as "*RituHaritaki*" in *ayurvedic* preventative approaches.

OBJECTIVE:

To explore *RituHaritaki* in the context of *Dosha* vitiation, which causes seasonal diseases.

MATERIAL AND METHODS:

Information collected from a number of *Ayurvedic* classic books and journals, as well as media and other internet sites.

Haritaki: *Haritaki* is the fruit of the '*Terminalia chebula*' medicinal plant. The most famous *ayurvedic* medicine, *Triphala*, is made up of three herbs, including one that being *Haritaki*. It is without a doubt amongst the most important traditional medicines listed because of its possibly excellent therapeutic properties. *Haritaki* includes *Pancharasa* (*madhura*, *Amla*, *Katu*, *Tikta*, *Kashaya*) with the exception of *lavana*. *Kashaya* is strong in all of them. The *Guna* elements are *laghu* and *rooksha*, the *virya* element is *Ushna*, and the *vipak* element is *Madhura*. *Acharya Charak* said "*haritakipthyayanam agrya*" and discussed *haritaki* in "*Abhayaamalaki Rasayanpaad*".

Anupana: *Anupana* is a stimulant substance that is taken in combination with or immediately following *aahar* or *aushadha*. It improves the body's potential to process and utilise the *aahar* or *aushadha* that has been provided to it. Water is considered the global *anupana*. Some of the *Anupana dravya* listed in classics are *Sheetala Jala* (cold water), *Ushna Jala* (hot water), *Asava* (fermented liquids), *Arishta* (wines), *Dhanyamla*, *Ksheera* (milk), and Honey. Honey is becoming more popular as a supplement to or after having a herbal medicine.

Weather changes and Dosha vitiation: Seasonal shifts and *Dosha* imbalances are two factors that might affect your health. In *Ayurveda*, the phases of pathophysiology are referred to as *shat kriya kala* or *dosha kriya kala*. *Sanchaya*, *prakopa*, and *prasara* are the first three stages of *dosha* vitiation. Each phase succeeds the one before it in terms of dominance. There's a link between *Dosha* and

Ritu.

- **Sanchaya:** *Sanchaya* is a natural *dosha* accumulation that happens when seasonal conditions facilitate *dosha* accumulation, such as warm temperatures, which is ideal for *pitta sanchaya*.
- **Prakopa:** occurs spontaneously as the phase continues and the environment becomes more conducive to advancement of previous *sanchaya* phase. In the second phase, *Sanchita pitta*, for example, begins to manifest '*daah*' in the body as a prodromal indicator of sickness.
- **Prashamana:** the eventual restoration of *dosha* to its native state when the conditions are favorable. as it usually resolves when cool air or cold weather aids in the decrease of *prakopita pitta*.

if *dosha* imbalances are diagnosed and managed early, successive phases of sickness development can be avoided, and sickness can be averted in its early stages. Seasonal regimens, *panchkarma* treatment, and crucial contributions for eliminating vitiated *dosha* in subsequent phases of the disease have been suggested by *Ayurvedic* literature in important to deter *dosha* imbalance from strengthening and growing into progressive phases of pathogenesis.

RituHaritaki: *Haritaki* powder should be consumed with a variety of additives throughout the year to benefit from its vitalizing effects, which help to maintain *dosha* balance in the weather conditions of the season. *Acharya Bhavaprakash* used the word *RituHaritaki* to describe this ancient *Ayurvedic* concept. He has stated—

सिन्धूत्थ शर्करा शुण्ठी कणा मधू गुडैः कमात् । वर्षादिष्वभया प्रा या रसायन गुणैषिणा ।। 34 ।।

(*Bhavaprakash nighantu*/chp.1/Haritakyadi varga,verse34)

RituHaritaki adjuvants are as follows, in accordance with the season:

S.No.	Season	Anupaan
1	Varsha	Saindhav
2	Sharad	Sharkara
3	Hemanta	Shunthi
4	Shishira	Pippali
5	Vasanta	Madhu
6	Grishma	Guda

Seasonal changes cause *doshas* to react in the form of '*kshaya*' or '*vridhdhi*'. *Haritaki*, when taken with the right adjuvant, promotes health and protects against seasonal sicknesses by harmonizing *dosha* vitiation carried on by seasonal weather changes. Below list consists of *dosha* vitiation by season, as well as adjuvants that should be administered throughout that season.

S.No.	Season	Anupaan	Dosha conditions	
1	Varsha	Saindhav	Vaat prakopa	Pitta sanchaya
2	Sharad	Sharkara	Vaat prashaman	Pitta prakopa
3	Hemanta	Shunthi		Pitta prashaman
4	Shishira	Pippali	Kapha sanchaya	
5	Vasanta	Madhu	Kapha prakopa	
6	Grishma	Guda	Vat sanvaya	Kapha prashaman

Ritujanya dosha vitiation can be regulated and the development of seasonal ailments avoided if a seasonal prescription of *aahar* and *rasayan* is adopted. The therapeutic virtues of *aahar* and *aushadha* were emphasized by *Acharyas* in the form of *rasa guna virya vipaka* and *prabhava*. *Acharya Bhavprakash* has recommended particular adjuvents combined with *haritaki churna* based on the season's "*kshaya*" or "*vridhdhi*" in *Dosha* to retain *Dosha* in their natural condition. In this section, we'll look at the *gunas* of specific adjuvents of *rituharitaki* and how they can help avoid *dosha* accumulation and aggravation.

Ritu	Ritujanya Dosh prakopa	Nature of the Season	Ritujanya Ras	Diet should be consumed to avoid Dosha Prakopa	Anupana	Anupana guna
1. Varsha	vata prakop Pitta sanchaya	Ruksha, Sheeta. Jatharagni Mandhya	Amla Rasa	Amla, Lavan, Snigdha ahar	Saindhav	Snigdha and sukshma, shita swadu and lavana Laghu, Deepana, Pachana, Ruchya
2. Sharad	Pitta Prakopa, Vata Shamana	Days are warmer as compared to Varsha Ritu Jatharagni –madhyam	Lavana Rasa	Madhur, Kashaya, Tikta rasa pradhana, Sheetal ahar	Sharkara	vatapitta shamaka Daha shamaka Raktadoshashamaka Sweet, Ruchya
3. Hemanta	Pitta Shamana	Coldness in the environment starts to increases. Jatharagni - Pradipta.	Madhur Rasa	Guru, Madhura, Amla, Lavana rasa Ushna & Snigdha Aahar Acharya Sushruta added Katu, Tikta, kshar yukta Aahar along with Ghrta & Taila	Shunthi	Madhura vipaki, Katu ras, Graahi, Ushna, Snigdha, Vatanashak, kaphavata shamak
4. Shishira Ritu	Kapha Sanchaya,	Atmosphere is drier and cooler	Tikta	Madhur, Amla, Lavan, Rasa sewan Aahar Ushana, Snigdha, Guru ahar	Pippali (Dried)	Madhur vipaki, Amushna, Katu, snigdha, Laghu, Vatakaphanashak Pittaprakopini
5. Vasanta	Kapha Prakopa	increase in temperature but the heat from sun is not that intense.	Kashaya Rasa	Honey should be consumed daily Tikshna, Ushna, Ruksha, Katu, Lavana & Kashaya rasatmaka diet	Honey (madhu)	laghu, Ruksha, Graahi, lekhana, Sukshama, Madhura ras, Kashaya amurasa, Sheeta,
6. Grishma	Vata Sanchaya, Kapha Shaman	Very Hot and Dry climate	Katu Rasa	Madura, Amla, Lavan rasatmak and Cool & liquid diet	Jaggery (guda)	Guru, snigdha, Vatanashaka, Naati pittaharo, Causes meda and kapha

DISCUSSION:

Seasonal fluctuations cause an imbalance in the *Dosha*, which leads to buildup and aggravation of seasonal illnesses. This *Rituharitaki* is an extremely simple supplement that can help people avoid seasonal infections while also boosting their general health. Environmental changes have an impact on our physical and emotional wellbeing. As a result, different seasons may require different diets and medications in terms of enhancing the most health benefits. As a result, using *haritaki* powder in combination with seasonal *dosha* shifts fits the core principle of health, which is to take precautions when the weather changes, resulting in seasonal diseases.

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